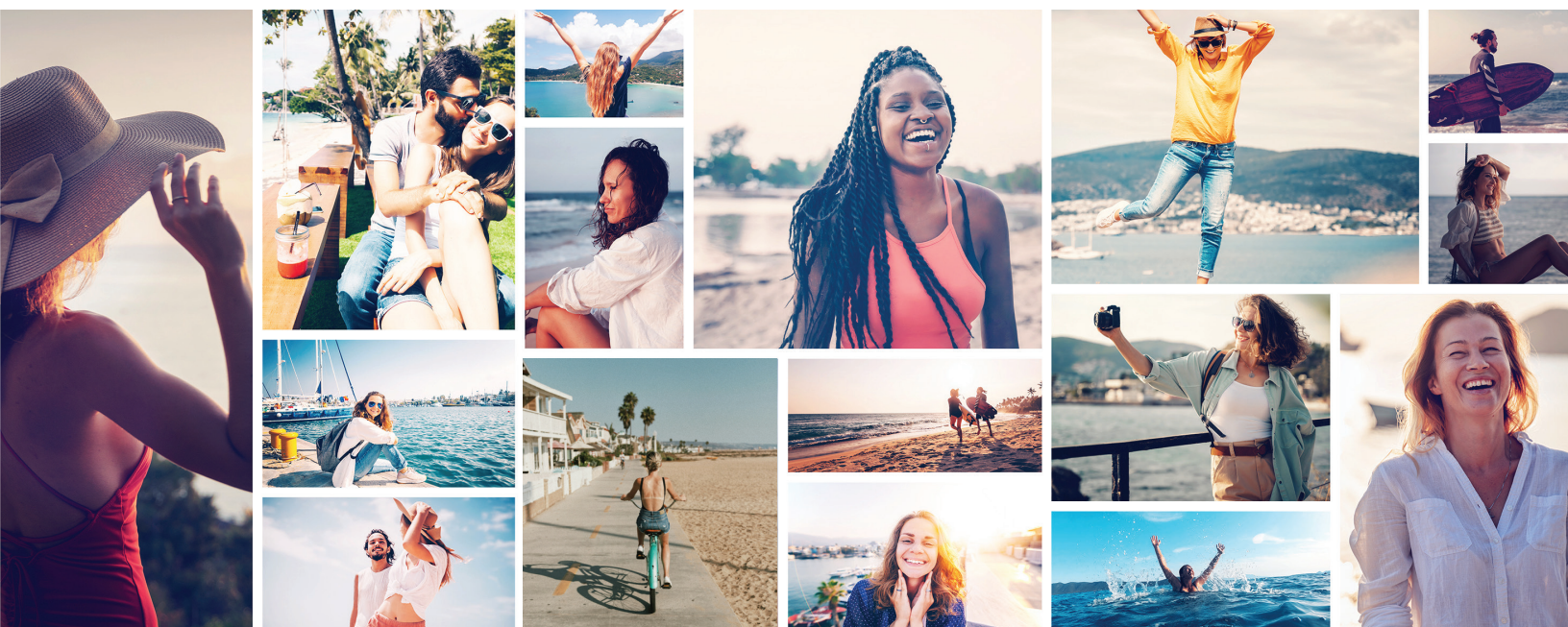




Happiness as a *Choice*

Do you view happiness as a matter of choice or as contingent upon favorable circumstances? While certain factors influencing happiness may be beyond our control, there are deliberate actions we can take to enhance it. Though not always easy, practicing gratitude, nurturing relationships, and finding purpose can significantly boost happiness, even amidst challenges.

Consider the notion that “things could always be worse” and cultivate gratitude for life’s blessings, no matter how small. Whether it’s a smile from a stranger, a beautiful sunset, or a pleasant conversation, taking time to appreciate the positives can greatly contribute to happiness. Strong relationships play a crucial role in happiness, offering support and reducing stress. Reflect on existing relationships and explore ways to strengthen them, fostering deeper connections.

Have you contemplated the significance of having purpose in life? As Viktor Frankl stated, “Life is never made unbearable by circumstances, but only by lack of meaning and purpose.” Discovering purpose may require patience, but it can provide profound fulfillment. Whether through family devotion, spirituality, or volunteering, finding your purpose can sustain you through life’s challenges. Reflect on what drives you and consider it during tough times.

For more information on how to increase happiness, and support with your goals, reach out to your EAP at 800-327-4968 (800-EAP-4YOU) or visit [EAP4YOU.com](https://www.EAP4YOU.com).